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LEO ACTOR TALKS ON FORAY INTO SCI-FI SCENE (page 10)

Inception Complexity of the dark side holds special lure in Nolan flick

Dreams DiCaprio takes Freudian route to role



CALGARY metr

Tuesday, July 13, 2010 www.metronews.ca



Storms stomp on Stampede fun

• Unconfirmed reports of funnel clouds around Strathmore area, public warning system activated • Readers and Tweeps send dozens of photos for online gallery



Golf-ball sized hail, heavy rains and gusting winds sent Calgarians — including thousands of Stampede-goers — scurrying for cover as a summer storm shook the city.

Ominous clouds overtook Calgary around 1:30 p.m. yesterday, sending down sheets of hail and rain, causing widespread damage, including fallen branches, dented



For the online gallery, visit metronews.ca/calaary

cars, smashed windshields and even the roof of the University of Calgary greenhouse was shattered.

Calgary Transit also reported via Twitter

some storm-related delays, and Strathmore residents were told to find cover, as Environment Canada issued an alert via the public warning system warning of possible tornado activity.

Storm activity continued into last evening and more rain is expected today.

Alberta

Mountie in court on **Edmonton** murder rap

Constable was charged over death of his wife (page 3)

Zoo Lion ready to open for **Bon Jovi**

Playing Saddledome a big step up for the Calgary-based rockers (page 4)



NL looks to snap skid

Major League Baseball's All-Star Game tonight {page 20}

Plan your day at the Stampede

All your entertainment listings at the grounds (page 25)





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(L-R) ALLISON JOHNSTON, KELSEY WILLIAMS, ANNIE RUNCIMAN AND NANCY LA NEVE



























Drug raid nets dozens of charges



Five Calgarians are being charged with 45 offences police raided two northeast homes allegedly involved in cocaine trafficking.

Acting Staff Sgt. Mark Hatchette said police had been investigating the homes for two weeks before they made the arrests

"Through weeks, we've identified numerous other individuals involved in the cocaine trafficking," said Hatch-ette, adding the investigation began from a tip from the public.

Police found a cocaine production lab, as well as more than \$40,000 in powder and crack cocaine, nearly \$45,000 in cash, two shotguns, a handgun and two hunting knives.

"We consider a pound of

cocaine very significant," said Hatchette.

The first residence raided was in the 100 block of Madeira Crescent N.E., where police arrested a man and a 17-year-old girl. A man and woman were also arrested at the second home in the 200 block of Coral Shores Court N.E.

Hatchette said police are looking into the possibility of gang affiliations, but said they don't believe there are any at this time.





Mountie appears in court on murder rap

Neighbours say they heard gunshots early Saturday morning, but cause of death not yet released

A speedy court appearance and a clerical error over a murder charge marked an Alberta Mountie's entrance into the legal system after being charged in his wife's slay-

Const. Tirth Sehmbi, 36, was led into court yester-day dressed in the blue coveralls issued to all prisoners who are in custody.

He's charged with second-degree murder after his wife's body was discovered in a southeast Edmonton home early Saturday morning. Sehmbi stood quietly in

the prisoner's box for just a few seconds as a judge agreed to a defence request to adjourn the case until Aug. 12.

Later in the day justice officials had to backtrack after a court document

"All these tragic incidents, especially when it involves our employees, has a toll on all our employees in the RCMP.

SGT. TIM TANIGUCHI. RCMP SPOKESPERSON

said that the Mountie had been charged with the more serious offence of first-degree murder.

"The information that was sworn and appeared in court this morning clearly had a typo or typographical error on it and he was charged with first-degree murder," said Clifton Purvis, executive director of the Alberta Serious Incident Response Team. THE CANADIAN PRESS





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Alberta farmers oilsands critics after fumes cause serious health problems. Video at metronews.ca/



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Big break lands rockers opening gig for Bon Jovi

Local band getting ready to play sold-out showBon Jovi's agent hand-picked Zoo Lion to open



KATIE TURNER

CALGARY@METRONEWS.CA

While they may be used to playing at local pubs, Calgary-based band Zoo Lion is about to perform on a much larger stage. Before Bon Jovi's per-

Before Bon Jovi's performance at the Saddledome tomorrow, the four men of Zoo Lion will be warming up the crowd after winning CJAY 92's contest to open for the famous rockers.

"We were completely blown away," said lead vocalist and guitarist Craig Aikman. "To go from playing one week at Loco Lou's on 16th Avenue to the Saddledome, we were freaking out."

Aikman said they uploaded two of their songs onto the contest's Facebook group, and about two weeks ago they found out



that they had been picked out of a group of about 300 artists.

Bass player Matt Tysowski said they are just trying to keep calm and not let nerves get to them.

"When it comes down to it, it's just another show and we've got to do our best," he said.

Zoo Lion will be performing a 30-minute set for the sold-out show. The concert starts at 7:30 p.m.

Band history

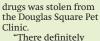
- The four men of Zoo Lion have been together for the past three years.
- They released their second album, titled Nothing Automatic, in April and are currently writing their third album.
- Craig Aikman says their biggest show thus far has been for about 300 people.

CRIME

Drugs at veterinary clinic stolen

Lethal drugs were stolen from a southeast veterinary clinic Saturday, just shortly after the clinic closed for the day.

Just after 5 p.m., a safe containing several



"There definitely would have had to have been two people involved at a minimum to carry this (safe)," said Staff Sgt. Neil Murray.

One of the drugs in the safe was Euthansol, a euthanasia drug that can kill a

> with one 50 mm dose. Those with information about the break-in should call 403-

200-pound man

266-1234.

• KATIE TURNER



Murder

tween two groups.

According to police, a fight started between two men — one from each group — and they believe others got involved. A 20-year-old man was allegedly stabbed and beaten, say police, and he later died of his injuries.

METRO CALGARY

resulting from a fight be-

News in brief

Man sought in bank robbery

CRIME. Police are looking for a suspect in a robbery at the CIBC in the 1200 block of 17 Avenue SW yesterday.

Police say the man entered the bank around 2:40 p.m. and produced a robbery note.

He's described as a white male, 30 to 35 years old, clean shaven, with a medium build and missing front tooth. He was wearing a dark-blue hat, glasses and grey jacket.

Anyone with information is asked to call 403-266-1234.

Missing pair's motor home found burned

INVESTIGATION. A motor

home believed to belong to a couple reported missing July 10 was found burned out in the Minnow Lake campground near Edson, RCMP said yesterday

Police are still looking for the couple's lightgreen Hyundai Tucson, Alberta licence plate ZPK 289.

RCMP say the circumstances surrounding the disappearance are suspicious

■ METRO CALGARY

metr_®

Premier seeks review of bonuses

Stelmach says health minister to look at a better way to reimburse province's top public managers

Alberta Premier Ed Stelmach says he has asked his health minister to review controversial bonuses given to bigwigs at the province's health superboard.

"Over the last couple of years we've seen public-sector salaries — MLAs, ministers, the premier — reduce, just to get through this very difficult period of time," he said yesterday.

"Even though the economy is recovering ... I've asked the minister just to review and come back to me personally to see how we can do this differently."

Alberta Health Services financial statements show the executives earned \$5.8 million in salary and bonuses in 2009, while at the same time the board

"I do know that in the business world that I come from, I had to pay what I had to pay to get people to do the job I wanted to do."

TREASURY BOARD PRESIDENT LLOYD SNELGROVE

ran an \$885-million deficit.

The president and CEO of Alberta Health Services, Stephen Duckett, made a total of \$744,000, including \$595,000 as a base salary and \$76,619 in performance bonuses.

Some health groups and opposition politicians have criticized the bonuses, say-

ing they put the focus on money rather than helping people in need.

When asked whether he thought Duckett deserved the money, Stelmach noted that, even with bonuses, Duckett's salary amounts to less than some other CEOs in health positions across the country.

Treasury Board president Lloyd Snelgrove defended spending money on good executives, saying otherwise they could move on to private companies that will pay them top dollar.

Stelmach spoke about the bonuses at his annual Stampede pancake breakfast, where he flipped pancakes, shook hands and chatted with supporters.

THE CANADIAN PRESS

Woman injured as horse has heart attack

A woman was injured during an event at the Calgary Stampede, according to officials. Spokesman Doug Fraser said a horse had a heart attack during the team cattle penning event on Sunday. He says the horse fell on top of a female rider, who has been identified by several media outlets as Amy Carver. She is in Calgary hospital with head injuries and a broken shoulder blade, according to reports. • METRO CALGARY

The number of horses that have died so far at the Calgary Stampede this year. A chuckwagon horse is reported to have suffered a heart attack, and a bucking horse is said to have broken its back.



Stampede-sized appetite

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Khadr won't plead out in 'sham' trial

• Accused has been at Gitmo for nearly eight years • Only westerner of Gitmo's 181 detainees

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily reject-

ed.
"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said as he explained why he rejected the deal he'd recently been offered.

'I have been used too many times as a child."

Pleading guilty at his trial next month would "give an excuse to the government for torturing me and abusing me as a child," he added.

THE CANADIAN PRESS

The Khadr case

Khadr is charged with war crimes that include killing an American soldier in 2002 when he was 15.

- Government appeal The federal government plans to appeal a Federal Court ruling that ordered it to come up with solutions to breaches of Omar Khadr's constitutional rights. Justice Minister Rob Nicholson says the case raises serious questions about "the Crown prerogative over foreign affairs' and that Khadr faces seri-
- ous charges. Court ruling The Supreme Court of Canada ruled in January that Canada breached human rights obligations when they interrogated Khadr six



Spirit of remembrance solid as a stone Soldiers are repainting rocks bearing the names of Canadian soldiers killed in the conflict in Afghanistan. The rock mural in the shape of a huge Canadian flag was carefully laid out more than three years ago on the slope leading to a hilltop observation post in the Panjwaii district. More than a hundred rocks, gathered by soldiers at the nearby forward operating base, have received a fresh coat of white paint and are awaiting finishing touches.

New terrorist threat emerges in East Africa

East Africa saw the emergence of a new international terrorist group yesterday, as Somalia's most dangeras solidal is most danger-ous al-Qaida-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 peo-ple during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide.

The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu. Al-Shabab has long

threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

"We warned Uganda not to deploy troops to Soma-lia, they ignored us," said Sheik Ali Mohamud Rage, al-Shabab's



"The explosions in Kampala were only a minor message to them. ... We will target them every-where if Uganda does not withdraw from our land."

Despite the threats, Uganda's army spokesman said the county would not withdraw.

"Al-Shabab is the reason why we should stay in So-malia. We have to pacify Somalia," said Lt. Col. Felix Kulaigve.

THE ASSOCIATED PRESS

Casualties

- Death toll Officials yesterday raised the count to 74. including 60 Ugandans.
- Injuries Another 85 people were wounded.
- Aid group A U.S. aid group said one of its workers was among the dead.
- Perpetrator? Investigators found the severed head of what appeared to be a Somali suicide bomber at one of the blast sites.

No quick fixes in Haiti, minister says

Rebuilding quake-stricken Haiti will take at least a decade, said Canada's foreign affairs minister as he urged patience with "a long-term process."

Haitian reconstruction is a "monumental task requiring a sustained effort and a long-term commitment,"

A magnitude-7.0 quake hit Haiti on Jan. 12, killing an estimated 240,000 people.

Lawrence Cannon told a news conference vesterday marking the earthquake's six-month anniversary. THE CANADIAN PRESS

Bangkok authorities said yesterday anyone caught handing bunches of bananas or sugar cane to

Please do

not feed the **elephants** the hulking beasts — prof-fered by their handlers in a ruse to make money Bangkok. faces a \$320 (10,000 baht) fine. THE ASSOCIATED PRESS

N. Ireland protests upended by rioters

Police battled Irish nationalists for control of a Belfast road yesterday as a day dominated by peaceful Protestant parades across Northern Ireland turned violent when night fell.

Riot police dragged kicking, flailing protesters from the pavement of Crumlin

Road even as others packed into side streets pelted po-lice with rocks, bricks and Molotov cocktails.

Many of the 100 protesters wore T-shirts saying "Peaceful Protest," while rioters wore masks scarves to conceal their identities. THE ASSOCIATED PRESS

Poor planning led to flotilla snafu: Israel

▶ Report doesn't recommend any firings over deadly raid on May 31 ▶ But fallout could oust senior officials

Flawed intelligence-gathering and planning led to Israel's botched and deadly raid on a Gaza-bound protest flotilla, with security forces underestimating the potential for violence, said the official report released yesterday.

The report, however,

The report, however, praised the commandos who took part in the operation, saying they were justified in opening fire and killing nine after being confronted by violent pro-Palestinian activists on board one of the ships.

The report concluded that intelligence-gathering



was deficient and that various intelligence units did not communicate properly with each other. It criticized the operation's planners for not having a backup plan in the event of violence.

"We found that there were some professional mistakes regarding both the intelligence and the decision-making process and some operational mistakes," the report's author, retired general Giora Eiland, told reporters.

Some of the mistakes took place at fairly high levels of command, he added, giving few details. The report itself was not made public.

THE ASSOCIATED PRESS



A glimpse at warfare of the future

Named after the Celtic god of thunder, Taramis is the prototype of an unmanned combat aircraft of the future. The concept demonstrator will test the possibility of developing the first ever autonomous stealthy Unmanned Combat Air Vehicle that would ultimately be capable of precisely striking targets at long range, even in another continent

Tigers to get more protection

Indonesia promised to impose stiffer penalties against poachers and illegal loggers yesterday as officials from 13 countries gathered to try to save the estimated 3,200 tigers left in the wild from extinction. THE ASSOCIATED PRESS

Curators get hit in the wallet

Two Russian curators who angered the Russian Orthodox Church by displaying images of Jesus Christ portrayed as Mickey Mouse and Vladimir Lenin were convicted yesterday of inciting religious hatred and fined. THE ASSOCIATED PRESS

Tough new gun law in Chicago

A new gun ordinance in Chicago that officials say is the strictest of its kind in the country went into effect yesterday. It prohibits residents from stepping outside, even onto their porch, with a handgun. THE ASSOCIATED PRESS

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Survey shows firms upbeat about recovery

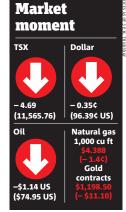
◆ StatsCan reported last week June saw 93,000 jobs created ◆ Half of firms plan to add workers this year

Canadian firms are giving the recovery a vote of confidence in a key quarterly survey, paving the way for the Bank of Canada's expected interest rate hike next week.

The central bank's quarterly survey, released yesterday, showed firms were concerned about the fallout from the European sovereign debt mess, but still generally upbeat.

"Overall, (business executives) are positive about the outlook for business activity over the next 12 months," the bank wrote.

On the key hiring intentions question, 50 per cent of firms surveyed said they planned to add workers



over the next 12 months. Following a strong jobs

report last week, the survey likely represents the last piece of evidence governor Mark Carney was looking for before raising rates.

"I'd say there's a 75 or 80 per cent probability they will hike next week by 25 basis points," said Derek Holt, vice-president of economics with Scotia Capital. "I think they'd want to avoid the perception that they just came out with a whole new round of bullish forecasts and then got wobbly knees after just one quarterpoint hike (in June)."

The bank's next interest rate announcement is next Tuesday, THE CANADIAN PRESS



Farmers protest prices

As EU agriculture ministers met at the EU Council office in Brussels yesterday, milk farmers outside protested what they consider to be unfair prices.

Cost of battling oil spill has hit \$3.5B: BP

BP PLC said yesterday the cost of dealing with the oil spill in the Gulf of Mexico has risen to \$3.5 billion yesterday, though its shares rallied on reports it may sell some assets.

The oil company said the overall cost includes nearly \$165 million paid to settle individual claims. BP said that by Saturday, it had received 105,000 claims and made more than 52,000 payments.

The company says it is still too early to estimate the final total of costs and compensation.

THE ASSOCIATED PRESS

10 A new, tighter cap, known as Top Hat 10, was set to be placed on top of BP's busted oil well in the Gulf of Mexico yesterday, a few tantalizing steps shy of knowing whether it will finally stop crude from gushing into the qulf.



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She says ...

JESSICA NAPIER



A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

retending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually, Jen did attend enough accounting classes to complete her degree. She now holds down a very respectable bank job while I opted for more education and many more

Thursday night vino-drinking sessions.

As a result of our divergent postgrad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art

school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-

phone bill and an overpriced gym membership (because I swear I'll start going next week), I'm lucky if I have enough left

over for my daily grande latte habit.

So how do such close friends develop such dras-tically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I

know they aren't entirely to blame.

Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-Imight-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment
— a coffee maker for my kitchen.

Sure, I'll miss that early morning barista banter, but at \$4 a pop (that's a whopping \$1,460 a year), it's easy to see that I need a serious detox from those fancy, frothy beverages.

Cartoon

MICHAEL DE ADDER

Opportunity wasted

COAT OF ARMS OF PEL



Noteworthy

Octopus oracle calls it a career

World Cup matches as he has legs, is going to retire. Aquarium employees pre-sented the octopus yesterday with a golden cup — similar to the official World Cup tro-

Breaking the peace

"Ever since my

first babysitting

profits started

rolling in I've

always thought

about money in

an it's-there-so-

I-might-as-well-

spend-it kind of

way."

TORONTO. Free speech makes you look smart, crime makes you look

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their de-

I feel for them because they were lumped in with all the criminals,





and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting

The media is one of the most powerful tools in this world. Believe it or not, our government is influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness. ERIN STEWART

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Metro Minute with the TRUCK gallery

If you have a minute to spare today, check out TRUCK art gallery's exhibit Clothesline.

Artist Beth Pederson from Leduc, Alta created the installation, which features realistic paintings of various clothes.

It's hung in one of Calgary's many plus-fifteens on the second level of the EPCOR Centre for Performing Arts at 205 8th Avenue S.E.

The exhibit opened on June 4 and runs until July 29, however the closing reception will be held Thursday at 7 p.m. Admission to see the exhibit is free and open to the pub-

For more information head to www.truck.ca.

MATIE TURNER









Shutter Island star may not be a 'big dreamer' but he finds a way of breaking into the subconscious in sci-fi thriller Inception ● For DiCaprio, the dark side holds special lure



Tell us what you are recording @metrocalgary

PVRTweets

How many hours/minutes of recording do you currently have on your PVR?



...Way too many wiggles shows LOL

@jdeslippe i am currently at 48% of capacity. I have been up to 100% and down as low as 20%. On average though I hover between 45% to 70%.

@esheinberg My PVR is about 45% full

@maryselalonde I have 240 minutes or 4 episodes of glee



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Leonardo DiCaprio is the first to admit the subject matter of Christoper Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially approached the complex, labyrinthine film like he would any other, DiCaprio admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of

Leo eyeing Hoover role

This list of directors with whom DiCaprio has collaborated is indeed impressive, including Martin Scorsese, Steven Spielberg, Sam Mendes and Woody Allen. So who's missing? How about the man behind Unforgiven, Million-Dollar Baby and Invictus?

"I'm talking to Clint

form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We



Eastwood about playing J. Edgar Hoover, who had his hand

in some of the most scandalous events in American history — everything from the Vietnam war and Dillinger to Martin Luther King and JFK," says DiCaprio, who hints that the project will be about "the secret life of J. Edgar Hoover."

have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far detached from what we know."

He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

As an actor who admittedly makes a lot of decisions about what roles to take based on who the director is, DiCaprio has only the highest praise for his latest collaborator. "This was an extremely ambitious concept that Chris was trying to pull off here. And he accomplished it in flying colours," he says.

Examining his recent work, including this year's Shutter Island, DiCaprio admits he has a penchant for the dark side. "These types of films that are psychologically dark at times I find extremely exciting to do because there's always something to think about," he says.



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More damaging Gibson tapes leaked

The actor's ex records him admitting to domestic abuse, prompting a criminal investigation

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

eight-minute recording posted yesterday by RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana Grigorieva. A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

"What kind of a man is that?" she is heard saying. "Hitting a woman when she's holding a child in her hands? Breaking her teeth twice in the face! What kind of man is that?"

"Oh, you're all angry w!" Gibson responds. "You know what, you ...

deleted) de-

An L.A. County Sheriff's Department spokesman would not say whether the recordings would become part of the investigation, but he said any potential evidence would be reviewed and considered. THE ASSOCIATED PRESS

Deal or no deal?

Despite their nasty breakup, Oksana Grigorie-va won't be seeing much of Mel Gibson's billion-dollar fortune, according to RadarOnline. The Russian singer reportedly signed a cohabitation agreement while she was pregnant with his child that strips her of any claims to his money. Grigorieva said she will appeal.



Work can wait. These chillers are melting. Chiller Happy Hour. Any small chiller for 1-3pm every day!

Dish extra



Lohan planning prison break?

ENTITLEMENT 101. Lindsay Lohan is certain she can avoid jail time one way or another, according to Popeater. "She doesn't care what it takes," a source says. "They are treating Lindsay differently because she is a star, so it's about time she used her star power to help her. She's seen the movie Chicago sever al times, so it's not like she doesn't know how this sort of thing works. METRO WORLD NEWS

Talking points

La Toya talks MJ, monkeys

ALL I'M GONNA SAY IS SHE'S LUCKY BUBBLES IS IN A CAGE. La Toya Jackson claims her brother Michael Jackson spent a small fortune in an attempt to get his pet chimp, Bubbles, to speak, according to News of the World. "Michael always wanted to know how to make Bubbles speak and talk," she tells the newspaper. "He wanted to give him vocal chords and asked doctors, 'Can I give him an operation so that I can know what his thoughts are?" But the doctors reportedly warned Michael off the plan as the risk of injuring the primate was too great.

No Rehab for Tequila

THAT HEADLINE JUST WROTE ITSELF. MTV star Tila Tequila won't be appearing on the next season of Celebrity Rehab after all, despite being the first cast member to sign up, according to Radar Online. Her manager wouldn't elaborate on the change in plan, though producers for the show, hosted by Dr. Drew Pinsky, are reportedly happy about the decision.

Tequila was to get treatment for her self-admitted addiction to prescription pills. METRO WORLD NEWS

Celebrity tweets



Lindsay Lohan [Alindsaylohan1 | love my

mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my



Neil Patrick Harris (A) ActuallyNPH]

Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with



Amanda **Bynes** [Achicky] if you're in

love and you don't want anyone else get married immediately



going to be super pissed

METRO WORLD NEWS

Joke's over for **Batman sequel**

LAST LAUGH. Batman is returning, but he won't have the loker to contend with

next time. Director Christothe Joker, the villain played so maniacally in The Dark Knight by the late Heath Ledger. The role earned him an Academy after his death. THE ASSO CIATED PRESS





Ever envied Ryan Reynolds' six-pack and Scarlett Johansson's sexy silhouette? • Fitness guru Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved. • Transforming mere humans into kick-ass superheroes in Iron Man 2, Green Lantern and Blade Trinity, Strom creates a Storm.



The transformation "Consistency, balance and

moderation are key triggers for change and jump-ing the gun will only lead to pain and injury," Strom says. "Once you have synergised your exercise and nutrition habits, you will get optimum results.

Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit

into Lyrca cat suits.

"These girls are doing stunts on harnesses and doing crazy jumps, so I fo-cus on building their core strength," he says.

Toning but not bulking

"Women want to be trim, toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core

Shape and sculpt

"With women, I focus on



creating lean muscle in the legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett.'

Surprisingly, it seems that men favor defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation for his lead part in Green Lantern.

"Men want to be lean as well and the focus is on the back and the shoul-... it's not all about being buff."

On the menu? Metabolism

burng exercise, your heart is pumping and your metabolism metabolism is working at a faster rate, but how can you keep this up after the work out?

According to Strom, it's all about how you eat.

"Think of the body like a race car - you want the



"It could take weeks before you notice significant weight loss or muscle definition."

car to be light so that it can get around the track as fast as possible - so only put enough fuel to finish the track," he says.
"Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat.'

Eating in a controlled and constant manner gives the best results. When training Johansson, he got her to eat small portions every two to three hours on top of training seven days a week for five month.

For Strom, moderation is key: "You can have too much of a good thing and that applies to both food and exercise.'

So now go zip up that body suit.



For more info on Bobby Strom ao to: bobbystromfitness.com

Bobby Bites

Sugar causes the body to store fat so in order to avoid this, Strom recommends basing your diet on foods with a low glycemic index that release energy over a longer period of time.

- Breakfast: Porridge, eggs or fruit and yogurt. Lunch and dinner: A mix of complex carbs, lean protein and green vegetables. Brown rice, sweet potatoes and yams along with fish, chicken and spinach, broccoli or kale are all great. Green vegetables are particularly good for their calcium and iron
- Snacks: Should be eaten small handfuls so graze on nuts such as almonds, walnuts and cashews with apples or yogurt.



Icky Flip Flops



A recent study by New York University and the University of Miami found the average pair of flip flops harbours more than 18,000 bacteria. The study found 93 per cent of flip flops worn for more than three months have fecal bacteria, and 20

per cent have E. Coli. What's scarier, think how many times you touch your hands to your feet, and then to your face, in a day. A quick solution is to use a hand sanitizer — like the easy to use One Step Hand Sanitizer - regularly to keep your hands clean. METRO NEWS SERVICES





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Colourful penne & sausage salad

• Grilled sausage, pepper and bocconcini pasta salad • A hearty salad that is quick and easy to prepare Full of colourful and seasonal vegetables with a light, fresh dressing



Preparation:

- In saucepan of boiling salted water, cook pasta according to package instructions; drain and set
- Meanwhile, mince garlic with salt. In large bowl. whisk garlic mixture, oil, vinegar and pepper. Set aside.
- Place sausages and red. yellow and green peppers on greased grill over medium heat; close lid and arill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.
- Cut sausages into bitesize pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.
- Cut radicchio in half lengthwise: remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes

Ingredients:

- 3 cups (750 mL) penne
- 1 large clove garlic
- 1/4 tsp (1 mL) salt
- ¼ cup (60 mL) extra-virgin
- 3 Tbsp (45 mL) red wine vinegar
- 1/4 tsp (1 mL) pepper • 4 hot or mild Italian
- sausages • 1 each sweet red, yellow
- and green pepper • 1 head radicchio
- 1 container (200 g) small bocconcini cheese
- ¼ cup (60 mL) loosely packed fresh basil, thinly
- Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.



Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth.

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10°C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages (\$13.00 - \$17.99) a textbook bright-berry sipper that's wellbalanced and very barbecue-friendly.



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Sweet ending: Sour cherry buckle

• Put your tart fruit to the test with this sweet recipe

Preparation (topping):

- In bowl, stir together flour, sugar, cinnamon and salt. Using fingers, rub in butter, squeezing to form clumps. Set aside.
- In large bowl, beat butter with granulated sugar; beat in eggs, 1 at a time. Beat in vanilla.
- In separate bowl, whisk together flour, baking powder and salt: stir into butter mixture alternately with milk, making 3 additions of flour mixture and 2 of milk. Fold in sour cherries. Spread in 9-inch (2.5 L) square metal cake pan.

CONTRIBUTED BY



Preparation (filling):

- Toss sour cherries with sugar: spread over batter. Sprinkle with toppina.
- Bake in 375°F (190°C) oven until tester inserted in centre of cake comes out clean, 50 to 60 minutes. Let cool

Makes 12 servinas Prep time: Cooking:



Ingredients:

- ½ cup (125 mL) unsalted butter, softened
- 3/3 cup (150 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla
- 1⅓ cups (325 mL)
- all-purpose flour • 1½ tsp (7 mL) baking
- 1/4 tsp (1 mL) salt
- 1/3 cup (75 mL) milk
- 1½ cups (375 mL) drained

FILLING:

- 1½ cups (375 mL) drained pitted sour cherries
- ¼ cup (60 mL) granulated sugar

- ½ cup (125 mL)
- all-purpose flour
- 1/4 cup (60 mL)
- granulated sugar
- ¼ tsp (1 mL) cinnamon
- Pinch salt
- 1/4 cup (60 mL) unsalted butter

Terrified of marriage

Writing from a place of personal experience, Elizabeth Gilbert wrote Committed for those battling to keep their marriages together.



Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international best-seller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?

The word 'Committed' has two meanings.

One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word – in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word — and that appeals to me, because that goes well with the way we decided to get married.



What were you most afraid of about getting married?

I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control.

What would have happened if you had fallen in love with someone who wanted to get

married?

I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are.

That's what I was attracted to. If he had been someone who wanted to get married, I don't think there would have been a second date. And the good thing about neither one of us wanting to get married

Call 403-262-6295 for rental inquiries.

Get to know her

Who is this Elizabeth Gilbert?



- Born: July 18, 1969 in Connecticut, USA.
- BA in: Political studies from New York University.
- Eat, Pray, Love was released in: 2006
- It has sold: More than 7 million copies worldwide.

is that now none of us has a feeling that we were tricked into it by the other one.

Have you seen anything from the Eat, Pray, Love movie?

I have seen the entire film, and it's really good.

I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me



WHY NOT JUST TRY HONESTY?

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...

Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of

mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue. Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful you didn't.

Kate says...

Yup.



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Spread the eggs

• If you want to have your financial cake and eat it too, don't put all your eggs in one basket.

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



I've spent the past couple of weeks debunking various financial myths, such as the invest-

ment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. It's as true of investing and financial planning as it is of pretty much every aspect of life.

The technical name is diversification, but I like the eggs analogy.

If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall. We saw it with real estate in the mid-'90s, tech stocks in 2000 and the financial sector in 2008. Spreading your eggs over a number of baskets is the essence of defensive investing which is absolutely the best approach for most people.

Right now many investors are heavy into gold stocks or resource based mutual funds, which have been riding high.

But those sectors will have their day and that day



will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest (yeah, I know, an oxymoron these days) savings accounts.

However, avoid the temptation to fling those eggs too far afield as over diversification actually reduces return and increases

We wouldn't need to diversify if we all had shiny, clear crystal balls.

But guessing which stock\sector\country is go-

ing to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

Interest rates/ Savings accounts

BANK	RATE
ВМО	1.10%
CIBC	0.70%
HSBC	0.65%
NG	1.30%
PCF	1.0%
RBC	0.850%
SCOTIA	1.00%
TD	0.25%
ALLY	2.0%

TURN PASSION INTO PROFITS

Fun and Frugal

LESLEY SCORGIE

magine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money

money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the



stem which is rooted in the ground. Think of the core and stem of the flowers as your day job. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Now, think of your extracurricular interests as the petals on the flower. Because you have income stability through your dayjob it's actually easier to start developing your petals as supplemental streams of income The number one reason entrepreneurs fail at their business is because they didn't have adequate cash flow. The core and petals model actually encourages you to keep working at your day job and generate regular cash flow, while simultaneously developing your entrepreneurial ideas. What do you need to get started? Take a brief moment to focus on what you love to do in your spare time. Then, think of ways to make money off your interests.

When you're ready independently register the business. When your small business is strong enough to become your primary source of income, it then becomes your core and stem. But, it often takes time to develop a sustainable business and therefore it's a good idea to keep your job while you put your plans in place.

Scholarships can take the pressure off



• Do you research, lots of small grants and bursaries available

RAF BRUSILOV FOR METRO CANADA

Post-secondary education is never cheap yet a wealth of available scholarships, grants and bursaries could take some of the financial burden off of your educational journey.

Website scholarshipscanada.com that tracks Canadian scholarships currently lists details for 23,885 scholarships offered by educational institutions throughout Canada and not all of them are based strictly off of your grades.

Once you've got your resume polished, here are some tips to get you ready for some web-surfing and letter-writing in your search for educational

Distinguish yourself

Many scholarships are originally created to help students who either have specific personal qualities (like background, economic level or grade point average) or are entering a specific field of study, so make sure you keep in mind what makes you special as you apply for scholarships.

If you're going into a highly specialized field, it's likely there are scholarships tailored to you and getting them will be easier than more general ones.

Spread the net wide

By the numbers

- Number of total post-secondary students enrolled in Canadian universities in most recent survey year (2007-2008): 1,066,353
- Male: 452,589
 Female: 613,566
- Number of those who are undergraduate students:

812,691

- Number of scholarships in Canada offered by educational institutions: 23,885
- Ratio of scholarships to total number of university students: roughly 1 scholarship for every 45 students

SOURCE: STATISTICS CANADA AND SCHOLARSHIPSCANADA.COM

RANK SCHOLARSHIPS

Not just for loans

Besides being popular places to keep your money, many banks actually offer very valuable scholarships for students.

The Association of Universities and Colleges of Canada (aucc.ca) administers scholarships for a multitude of Canadian banks — here are just a few examples of bank scholarships available:

• TD Canada Trust Scholarships for Community Leadership: Awards up to \$70,000, including \$10,000 per year for tuition and \$7,500 per year for living expenses to students who demonstrate outstanding leadership in their communities and hold a minimum overall average of 75 per cent in their most recent full year of studies

- RBC Royal Bank Scholarships for Medical & Dental Students: Six awards of \$15,000 for students studying to become accredited doctors or dentists • CIBC Youthvision
- CIBC Youthvision Scholarship Program: Awards 30 Grade 10 students enrolled in mentoring programs with either Big Brothers Big Sisters of Canada and YMCA Canada \$4,000 a year for up to four years of postsecondary education.

Check with your home bank to find out what scholarship possibilities they offer.

RAF BRUSILOW

Spend as much time as you can spare conducting your scholarship search.

There are literally thousands of scholarships, each one usually carrying unique requirements for candidacy and aimed at distinctly different demographics of potential stu-

You'll have to learn to love paperwork but it'll all be worth it if you snag some cash (as well as great practice for university/college).

Every little bit helps

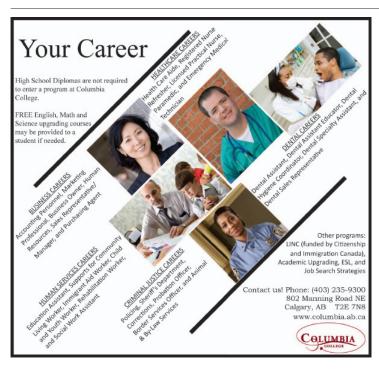
While everyone dreams of snatching those rare, large scholarships worth thousands of dollars, there are many more small scholarships readily available that offer sizeable funds and are much easier to compete for. Don't discount the effect a \$300 or \$700 scholarship can have on your bottom line.

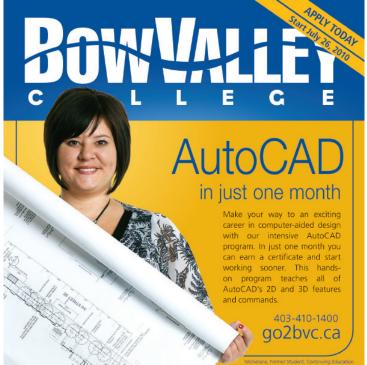
Particularly outside of major urban areas, many schools and institutions tend to offer a larger number of smaller scholarships.

Hit the target

Here are some helpful places to start your search:

- canlearn.ca
- camearn.c
- •scholarshipscanada. com
- studentawards.com





Students net tax benefit

▶ From textbook credits to fellowships, look into what you can claim on your tax return

Outlined below are tax tips for students offered by certified general accountants defining key tax credits and exemptions:

Textbook tax credit

The 2006 federal budget introduced a non-refundable "textbook tax credit" of 15 per cent of \$65 to cover each month the student is eligible to receive the full-time education tax credit and 15 per cent of \$20 for each month they are eligible for a part-time education tax credit.

Scholarships, fellowships and bursary Income

The 2006 federal budget fully exempted from taxation all scholarship, fellowship or bursary income with respect to post secondary education or occupational training in a program, one that entitles the student to claim the education tax credit. Previously, only the first \$3,000 of such income was exempt.

Online versus onsite

It is not necessary for a student to be in physical attendance at a qualified institution in Canada to claim the tuition or education tax credits. For example, online course participation via the website of a recognized post-secondary institution may qualify the taxpayer for both tax credits.

Unused tuition, education and textbook credits

Unused tuition, education and textbook credits may be carried forward indefinitely to offset the income of students in future



years. Alternatively, students may transfer unused federal credits of up to \$5,000 (an indexed \$6,185 for the Ontario portion of this credit), reduced by their income in excess of

personal credits, to a supporting person – such as a parent or grandparent. However, the transferred credits must be claimed in the year they were incurred.

Other possibilities for the tuition credit

There are some mandatory ancillary charges — such as fees for computer services, labs, health and athletics — that are eligible for the

tuition credit. Mandatory computer-service fees eligible for a tuition credit could include such things as the use of a laptop computer and applicable software.

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Harinder (403.561.9011) or Glenda (973.925.5622)

www.asumaruba.org



Learn to budget if you away from home

▶ Make a list of everything you need before you leave for school ▶ Budget enough to cover the cost of your list and add cash for recreation

Texbook buying tips for students

- Borrow textbooks you need from your friends or the library. This might be difficult around exams, so plan ahead.
- If you need to buy a book, try to find used textbooks through used bookstores, campus bulletin boards, and online forums like the Textbook Trading Forum at RedFlagDeals.com.
- If you must buy new, shop around. Check online stores and look for moneysaving coupons.
- Sell your old textbooks for cash.

For many of you, going to college or university will be the first time you really have to budget your money.

According to Statistics Canada, Canadian full-time undergraduate students paid an average of \$4,914 in fees in the tuition 2009/2010 academic year (a \$170 increase from 2008/2009). Depending on your location and habits, the cost of living on your own for an 8-month academic year will probably fall in the neighbourhood of ten to fifteen thousand dollars. It is a critical time to budget your money.

Before school, make a list of things you'll need, and have friends and family check the list for things you've forgotten or you can do without. Calculate your

\$4,914

The average cost of tuition for the 2009/2010 school year.

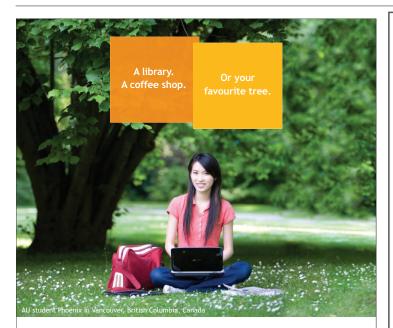
cost of living and the supplies you will need for the school year. Budget enough to cover these requirements and then pay yourself an allowance for recreation.

Don't beat yourself up if you blow your weekly budget at some point during the year. If you overspend during a night out on the town, recognize that your entertainment budget has been used up — skip the next video game you were going to buy or spend the next couple of weekends catch

ing up on reading. Eating out can add up quickly as well, so pack snacks and learn to cook. Also, try leaving your credit card at home; it's surprising how much harder it is to splurge that way.

Even if you are sticking to your budget, you need to make the most of your resources. Do research and consult deal websites such as RedFlagDeals.com before making purchases to maximize savings, because when emergencies hit, they can hit hard. A beer shortage or lack of the latest clothes is not an emergency, but having to travel home unexpectedly or having to replace something important like text books, a computer, or car brakes can be. NEWS CANADA





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Fisher

Although Derek Fisher thought about joining that burgeoning superteam in Miami, he's staying in the Los Angeles Lakers' own collection of stars.

The veteran point guard said yesterday he'll re-sign with the Lakers, sticking with Kobe Bryant and the defending two-time NBA champions after speaking with several teams as a free agent.

"I have decided to continue with Kobe, continue with our teammates and the fans of Los Angeles," Fisher said in a statement on his website.

The five-time NBA champion said he considered contract offers from several teams in the past two weeks after playing a key role in the Lakers' championship repeat.

He spoke with the Heat last weekend, entertaining the prospect of running an offence for LeBron James, Dwyane Wade and Chris

THE ASSOCIATED PRESS

sticks with Can NL bust out of all-star slump?

Senior Circuit hasn't won game for 13 years NL looks to elite group of pitchers led by 15-game-winner Jimenez to turn tables on AL

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights. And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic

In this year of the pitcher, the National League is downright loaded, even for an allstar game with the best of the best coming to Orange County tonight.

"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 vears or whatnot, Basically go out there and try to

ly go out there and try to change it up." There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium.

In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum. And so on.

The AL run is one of the more perplexing streaks in sports. Is it sim-ply a quirk, or evidence of true dominance? The American League has ruled interleague play for several years, and also done well in the World Series, winning four of the

last six titles. The last time the NL

▶ Ubaldo Jimenez smiles while speaking at a news conference yesterday.

won was 1996, when the Milwaukee Brewers were still in the AL. Not that many remember the 6-0

NL victory at Philly's old

Veterans Stadium. "This will be Charlie's second straight year to try to beat that stupid American League jinx," Phillies chairman Bill Giles said of the Philadelphia and NL skipper, Charlie Manuel. 'Charlie, your job's on the line, man.'

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LAND TRANSFERS

Sports in brief

NCAA adds to **March Madness**

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams. The NCAA unveiled its plans for the expanded 68team men's basketball tournament yesterday, opting for a format that involves the lowest seeds and last at-large qualifiers in a "First Four" round.

winners advancing. Stern no fan of

eight teams will play early in the first week, with the

Beginning next March,

LeBron's show

DECISION. NBA commissioner David Stern said yesterday he would have advised James to tell the Cleveland Cavaliers of his choice to leave for the Miami Heat earlier than he did, and that the two-time MVP's public announcement shouldn't have come in a made-fortelevision special. Stern said James, Dwyane Wade and Chris Bosh violated

no league rules in discussing free agency among themselves.

Spanish team returns home

MADRID. Spain's football team returned home to a iubilant nation and a huge fiesta yesterday af-ter winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling. Hundreds of thousands of people — if not more — jammed Madrid's historic avenues.
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Stampede sings in rain



Don't let the rain give you the blues, say Stampede officials

There's still plenty to do inside when the rain comes down, Stampede spokesperson Doug Fraser said, and you don't even need it to rain to enjoy them.

"There's no end to what people will find inside the doors at a variety of places," he said.

Fraser said Stampede pa-

"There's no end to what people will find indoors."

DOUG FRASER

trons can enjoy the BMO Centre, where there is 150,000 square feet of a marketplace, or in the neighbouring Western Oasis, which he says is a favourite.

"The Oasis is popular and a great place to relax and put up your feet," he said.

Fraser pointed out new attractions such as the Rock and Roll Ice show in the Corral, is already a fan favourite.



What's the best thing to eat at Stampede?

ALL P



"This is our first time at the Calgary Stampede and we just tried the chilli dog and it was actually a lot better than expected."

RACHEL HAMILTON

"I actually like the drinks the best. The root beer is my favourite thing here."

SEAN FEENEY

"My favourite food is the beef on the bun. You get what you pay for and it's definitely worth it." MARK MISKULIN

"I just got a snow cone but I also really like the mini donuts the best but I'm going to try lots of things." CALEIGH MACDONALD

"I really like those potato slices that looks like chips. I think they are called wiggle chips. You can't get them anywhere else." JASON LATORRE

Dream big for lottery

Detween 5,000 to 10,000 people walk through Stampede Lottery Dream Home daily



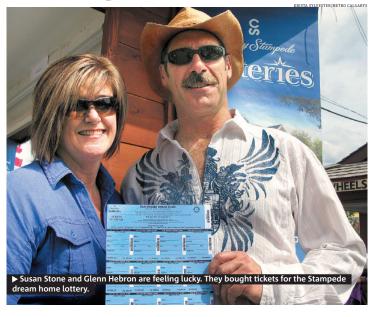
If you ask Susan Stone and Glenn Hebron, they are going to win the Stampede lottery dream home.

The duo bought tickets for the beautiful home Monday and they plan on buying more tickets for other prizes, like the Camaro, this week.

"We found a penny on the ground today and thought it could be good luck so here we are buying tickets," Stone said.

Stampede Lotteries

770,000
The number in dollars of the value of the dream home.



chair Shane Simmons said the lotteries are a popular draw each year and says this year's prize line-up is dream-worthy.

dream-worthy.

"The prizes are great and the feedback has been really positive," he said

"We have some new prizes this year and for the first time we have a hybrid car to win, too."

Daylene Boyd doesn't think she will win the home but said she doesn't mind spending the money. "It's more of a donation because it goes to charity and the chances are winning are slim, but at least it's a good cause," she said.

"We plan on buying more tickets but who knows," she added.

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Rare military plane sweet sight

▶ Unmanned Aircraft vehicle was used to spy in enemy territory ▶ Official retired from Afghanistan in 2009, only 18 were ever in existence



People ask questions and can't believe this rare piece of military equipment on display at the Calgary Stampede is authentic.

The Unmanned Aircraft Vehicle (UAV) causing many stares and gawking was officially retired from Afghanistan in 2009, according to Private Brandon Vick.

"We only had 18 of these but we don't use them anymore," Vick "People can't believe it's just a machine ... It's pretty cool."

said.

The machine was used to spy or go into enemy

land — without anyone in it — and can take video of what the army may have to face.

"People can't believe it's just a machine and that we don't put anyone in it. It's pretty cool; it was a really useful piece of equipment."

Hungry? Look up breakfast online

Edmontonian Stacey Hannay knows the way to sniff out a good Stampede breakfast around town.

Not being from Calgary, Hannay was searching through Google online for breakfasts when she discovered the one-stop-shop site that she now swears by and told her friends about.

'It's really good, especially when you're not from here because it has a variety of breakfasts across the city and things you wouldn't otherwise know about," she said.

"I know there are probably more breakfasts out there but this gave us a really good idea of what's going on and where."

♠ KRISTA SYLVESTER

Breaky listings

- Stampede Caravan Breakfast – Market Mall July 13 9 a.m. to 11 a.m.
- Shaw GMC Stampede breakfast – At Shaw GMC July 13 8:30 a.m. to 11 a.m.
- Woods Homes Stampede Breakfast in Parkdale – July 14 at 7:30 a.m. to 11 a.m.
- McKenzie Towne Stampede Breakfast – in McKenzie Towne July 14 from 7 a.m. to 11 a.m.
- Stampede Caravan Breakfast Southcentre Mall –
 Southcentre Mall July 15 from 9 a.m. to 11 a.m.

NOVICE SADDLE BRONC

U of C student makes history

She got bucked off, but she still had the time of her life riding the bronco that did it.

University of Calgary athletic therapy student Brittany Mercier just started riding broncos seven months ago, but yesterday became the first woman in modern history to ride in the novice saddle bronc riding

"He bucked me off, he's a really strong, tremendous horse but it was really fun. It's great to see so many people out there supporting me," Mercier said.

"I'd absolutely do it again, I loved it."

▶ Brittany Mercier is all smiles after becoming the first woman to compete in the novice bronc riding at the Calgary Stampede rodeo.

Calgary Stampede rodeo administrator Barry McGrath said they have had women compete in steer riding, but never in the novice saddle bronc.

"It's the first to my knowledge and we're excited to have her," he said.

• KRISTA SYLVESTER



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Bill Anderson has been one of the top songwriters in country music ever since he wrote his first no. 1 hit, City Lights, at the age of nineteen. He has been a major recording artist for a half-century, selling millions of records worldwide on his way to earning membership in the Country Music Hall of Fame. 12:30 & 3 p.m.

billanderson.com

Karen Lee Batten

In 2008, Batten independently produced her video Hearts on the Run, which was an immediate add at CMT Canada. Her album Every Moment was released in 2005, with singles Like I Would For

You and One Day.

myspace.com/karenleebatten

Shane Chisholm

Shane Chisholm is back for another year with his dynamic show that blends rock-a-billy with timeless country classics. Daily

shanechisholm.homestead.com

Collin Raye

Collin shot to fame with Love, Me in 1991. Over the course of his career he has garnered five Platinum albums, 25 Top Ten hits, 15 No. 1 smashes and 12 chart-topping videos.

9 p.m. collinraye.com

Joe Hikk

Hailing from Calgary, Alberta Jo Hikk has been making an impact in the music scene across Canada. Their most recent release, "My Kind of Radio" from their debut "Ride" album climbed the charts hitting top twenty on charts across Canada.

Nightly joehikk.com

O SOURCE: CALGARY STAMPEDE.COM



Rocking stardom

It's a genuineness, along with emotional themes underscored by their explosive sound and that has led Three Days Grace to rock stardom.

Both their albums, Three Days Grace and One-X, have been certified platinum and the band has sold more than six million albums worldwide. The band's third album, Life Starts Now, was released on September 22, 2009 and they immediately rose to the top of the charts with the singles Break and The Good

Three Days Grace are Adam Gontier, Brad Walst, Neil Sanderson, and Barry Stock. SOURCE: CALGARY STAMPEDE.COM

Rodeo results

BULLRIDING

Scott Schiffner, Strathmore, Alta., Wranglers Crackalakin, 88.50 points; 2. Matt Bohon, Cole Camp, Mo., Big Dog, 86.00; 3. Devon Mezei, Wardlow, Alta., Boulet Boots, 85.50; 4. Tyler Thomson, Black Diamond, Alta., Bananas, 85.00.

SADDLE BRONG

1. Wade Sundell, Boxholm, Iowa, Luxurious Bubbles, 88.00 points; 2. Cody DeMoss, Heflin, La., Knife Money, 84.00; 3. Chet Johnson, Gillette, Wyo., Lexicon Rocket, 83.50; 4. Isaac Diaz, Desdemona, Texas, Powow Trail, 82.50.

BAREBACK

1. William Lowe, Canyon, Texas, Mad Money, 89.00 points; 2. Ryan Gray, Petersburg, Texas, Muffled Cries, 88.50; 3. Bobby Mote, Culver, Ore., My Mistake, 86.50; 4. Kyle Bowers, Brooks, Alta., Majestic Rocket, 83.50; 5. Kelly Timberman, Mills, Wyo., Moulin Rouge, 83.00.

TIE-DOWN ROPING

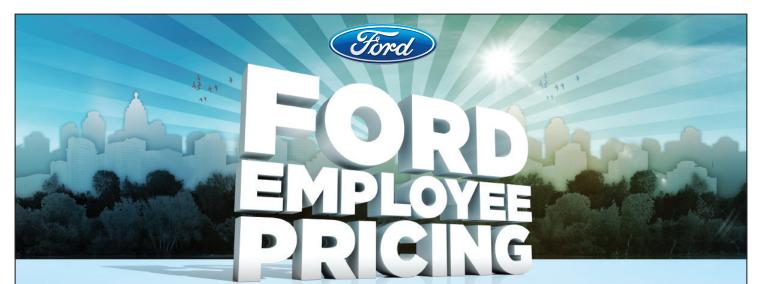
1. Ryan Jarrett, Comanche, Okla., 6.8 seconds; 2. Matt Shiozawa, Chubbuck, ida., 7.2; 3. Houston Hutto, Del Rio, Texas, 7.3; 4. Trevor Brazile, Decatur, Texas, 7.6; 5. Tyson Durfey, Colbert, Wash., 8.0.

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2010 FUSION S	2010 FUSION S \$1,228		\$4,728	\$19,421	
2011 MUSTANG	\$1,050	,050 \$0,000		\$23,399	
2010 ESCAPE XLT	\$1,891	\$3,500	\$5,391	\$21,708	
2010 FLEX	\$2,230	\$2,000	\$4,230	\$29,969	
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15

KISS

Crossword

- Across 1 Options list 5 Calf's mama 8 Cutting tools
- 12 On 13 Lawyers' org.
- 14 Witticism
- 15 "Th-th-th-that's all, folks!" speaker
- 17 Radius' neighbor
- 18 Dine on
- 19 Report card data
- 21 Scatter about
- 24 Talon 25 Bound
- 26 Have lofty goals 30 Author Fleming
- 31 Meat cut 32 Yoko of music
- 33 Oilfield structure 35 Mil. alliance since 1949
- 36 Crazy one 37 Vice President
- Burr 38 "The Georgia
- Peach" 41 Doctrine 42 Inter
- 43 Baseball commissioner
- 48 Coaster 49 Prior to
- 50 Vega's constellation
- 51 Church furniture 52 "CSI" evidence 53 Favorable votes

Down

- 1 Chart
- 2 DDE's command 3 Neither mate
- 4 Maintenance
- 5 Army rank (Abbr.)
- 6 Japanese sash 7 Swaying from side
- to side
- 8 Complain

- Lang Syne 10 Sommelier's sug
- 11 Hot tubs 16 Deviate off
- 20 File crosses
- 22 Rip
- 26 Pulsated
- 27 Papa pig
- 29 Hoodlum
- 31 Unkernt one

18 20 21 22 23 25 28 29 26 30 32 31 33 34 35 36 37

41

14

17

45 46 47

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➤ Yesterday's answer

13

43 44

49

52

insurers

35 To wit

38 Recipe meas.

40 Rowing team

44 Coffee shop ves

45 Caustic solution

46 George's brother

47 State of matter

39 Christmas

41 Concept

37 Fool

16

aestion

40

39

42

48

- 21 Lost traction
- 23 Hindu royal 24 Mountain range
- 28 Really enjoying
- 34 Famed London

Sudoku

	3		6		7		9	
7								1
		2	8		9	5		
	4		5	7	3		8	
	6						5	
	5		1	6	2		4	
		5	3		1	6		
8								5
	2		9		6		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

4	1	3	2	7	8	6	9	5 7 2
5	2	8	9	6	4	1	3	7
6	7	9	5	3	1	8	4	2
1	8	7	6	5	9	3	2	4
9	4	2	8	1	3	5	7	6
3	6	2	4	2	7	9	8	1
2	9	4	1	8	6	7	5	3
8	3	6	7	4	5	2	1	9
7	5	1	3	9	2	4	6	8

Send a

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Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazina strength. This too shall pass. I love you forever. SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forver. 143BB

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you. I love

X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I m alone without are days I miss you alot, when Days I m with you are the most amazing days of my life! SEXY

A look at the weather

TODAY Min 8° Max 16°

WEDNESDAY Min 10° Max 23°

THURSDAY Min 11 Max 24°

Andrew Schultz. (BI) Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

¥ Taurus April 23-May 21

Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

II Gemini May 22-June 21 If

you made an error of judgment vesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been

Gancer June 22-July 22

Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

MP Virgo Aug. 24- Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too and they'll show it.

← Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persua-

→ Sagittarius

Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

り Capricorn Dec. 22-Jan. 20 Pluto in your sign is enlivened by Venus, planet of emotional and material values, over the next 24 hours, so positive news about your money situation or a relationship will

cheer you up no end.

Aquarius Jan. 21-Feb. 18 A situation that has been worry ing you will be resolved to your complete satisfaction today and you will be glad that you did not impose a solution on it as some people suggested.

H Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. SALLY BROMPTON



You write it! Write a funny

caption for the

image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





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Deluxe rm. Sept. 26 • 1 wk.

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Varadero

Sirenis La Salina Varadero • 4 ★

All-Inclusive Standard rm. Aug. 29 - Sept. 26 • 1 wk.

JAMAICA via Toronto

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All-Inclusive Standard rm.

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